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WHY YOU SHOULD OPEN YOUR MIND AND TAKE STARLINES

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Most of the people I know who have taken **Starlines** at the Monroe Institute were sent on a personal journey that served them extraordinarily well. On the other hand, some can be a little put off by it because they aren't attracted to the idea of "space." After all, as humans, we develop judgments and either love or hate an idea, sometimes without much reasoning at all. Regardless of whether you've been gearing up to take **Starlines** or have never even considered it, I'd like to throw my opinion into the mix. I recently took Starlines, and though I wasn't sure it would be for me, I was blown away by the experience! Not only has it become my favorite Monroe program, but it's also the most life-changing one I've taken to date.

Since taking **Starlines**, I not only feel more empowered, stronger, and inspired by the perspective shifts it provided me … I also feel more enlightened and understanding of my place in the Universe. If I thought I knew who I was before, I am in awe at the much larger comprehension I've gained of myself throughout the course of a week.
Even more importantly—and strangely—I finally have the confidence to stop working so hard on notions of *manifestation* (which I do love to do). Instead, I learned to trust that the universe knows what I need and is working with me with my best interests in mind. That being said, here are the main reasons I think you should give **Starlines** a chance.

Perspective shifts
I've written about this before, so I won't go into too much detail here, but one of the best takeaways from **Starlines** for me—and I think one that could be beneficial for anyone considering taking it—is that it provides perspective regarding the universe. When placed against the expanse of our entire known universe, our daunting fears and problems seem small in comparison.

A greater feeling of healing and completion
From the explorative and freeflow exercises in the much higher focus levels of 42 and 49, I was able to access what I can only describe as the most healing and comforting energy systems I've ever experienced. As we went through the exercises of **Starlines**,

each one made me feel as if I was collecting and fortifying pieces of my total self, and healing parts of me that needed to be healed. The final exercise, in which we passed through the dimensional portal at the center of the galaxy, brought forth a healing sense of total enlightenment that I can barely begin to describe. Starlines can bring a level of healing into your life that you may not even realize you need until you receive it.

A better understanding of our universe

Much of Starlines consists of astronomy lectures. You will get to learn all about the electromagnetic spectrum and how the James Webb telescope utilizes the entire spectrum to photograph our known universe. You'll get to hear about the constellations, clusters and superclusters that exist in our universe. It's a quick major download on many aspects of modern astronomy and is *so* fascinating. So, on top of meditating, you learn so much practical information that you can use to meditate on the concepts of space with actual sounds recorded from space. It's a remarkably different program from anything else offered at Monroe, but I loved that about it.

A sense of enlightenment

I am hesitant to speak too much about the final exercise, but I will say that I moved to a state of consciousness unlike anything I could have described prior to doing it. As I participated in this exercise, I felt as though I got my first glimpse of the essence of total enlightenment. I felt my individuality *and* my integration with all the other parts of my *total self* like a rainbow of light, consisting of different colors and white light together simultaneously. I experienced matter differently, and I felt the sense of being a creator—perceiving things in the forms of waves, music and thoughts—in ways I had never imagined before. It was the most magical moment I've ever had in meditation.

So, if you're thinking about taking Starlines—or even if you weren't before reading this blog post—I heartily encourage you to go for it! I did, and it was the experience of a lifetime.